

Outdoor Recreation

Women's Hiking Group-Exercise and enjoy the outdoors with female camaraderie. No kids, no phones, no hassles! Class will consist of one mandatory classroom meeting for participants prior to all hikes on March 21 & April 11, 7pm at Pyle Adult Center. Participants must be in good health. Hikes are easy to moderate.



You will need a day-pack, lunch and transportation to and from the trail head—carpooling optional. Classroom meeting and hikes meet at the Pyle Adult Center.

Series 1: Overton, Cave Creek Park, Sat. 3/25, 8am-4pm; Pinnacle Peak, Scottsdale, Sat. 4/1, 8am-4pm; Siphon's Draw, Superstitions, Sat. 4/8, 8am-4pm. Fee: \$44.
463 18yrs+ Tu 3/21 7-8pm PAC

Series 2: Boulder Canyon, Superstitions, Sat. 4/15, 8am-4pm; Mormon Loop, South Mtn., 4/29, 8am-4pm; Horton Creek, Payson, Sat. 5/6, 8am-6pm. Fee: \$44.
464 18yrs+ Tu 4/11 7-8pm PAC

Outdoor Classes and Workshops



Basic Birding-Do you know what bird this is? Learn to identify wild birds in the incredibly diverse environment of Arizona. Class instructed by Herb Fibel, past president of the Maricopa Audubon Society. Three half-day field trips will be scheduled on the first night of class. Fee: \$24.

454 Adult W 3/29-5/10 7-8pm PAC

Discover Scuba-For those who think they might like to learn how to Scuba dive, this is your chance to "test the waters". This workshop will give you a hands-on look at what the sport is all about. You will learn about equipment, safety and certification requirements. Wear your swimsuit and bring a towel, you will be able to get into the pool with an instructor and try out the equipment. Fee: \$40.

455 16yrs+ Tu 4/4 6:15-8:45pm OCP
457 16yrs+ Th 5/11 6:15-8:45pm OCP

Ⓞ **NEW! Gardening: Cactus 480-350-5201**-Join "Cactus Jack" as you take a tour of the Arizona Desert and learn about the varieties of cactus native to Arizona. Also, learn which cactus will grow successfully in your own "cactus garden". Fee: \$11.

781 18yrs+ M 4/3 6-7pm KRC

Gardening: Vegetable Gardens 480-350-5201-Want organic vegetables grown in your backyard? Learn how to plant, fertilize, and care for your vegetable garden - naturally. Fee: \$11.

782 18yrs+ M 4/17 6-7pm KRC

Gardening: Irrigation 480-350-5201-Proper irrigation provides a healthy environment for plants. Find out how to install, maintain or fine-tune your watering system. Learn great tricks to save money and time. Fee: \$17.

783 18yrs+ M 5/1 6-8pm KRC

Hunter Education-Volunteers from Arizona Game and Fish Department will instruct this course. Class will consist of 9 two-hour classroom sessions and a mandatory session at the firing range on April 22. Participants must be at least 10 years old in order to receive official certification. Families are encouraged to take the class together. Fee: Adult \$6 Youth \$3.

461 10yrs+ Tu&W 3/21-4/18 6:30-8:30pm PAC

480-350-5200 • See page 2 for Code of Location Abbreviations.

Ⓞ **NEW! Introduction to Fly-Fishing-480-350-5200**-Basic instruction on the fundamentals and techniques of fly-fishing will be given to you by the experts from Arizona Fly-Fishing in Tempe. All equipment will be supplied. Class is conducted at both Arizona Fly-Fishing and Kiwanis Park. Fee: \$50.

459 14yrs+ Sa 3/25 8-10am AZFLY
460 14yrs+ Sa 4/8 8-10am AZFLY

Rock Climbing and Rappelling-Basic instruction on fundamentals and techniques of climbing, knot tying and methods of belaying. Adults 18 years+ only. Participants need to arrive 15 minutes prior to class start time to be fitted for shoes and complete waiver form. Fee: \$44.

462 18yrs+ W 3/29-4/12 6:30-9:30pm ROC



Rowing

Junior Rowing

Junior refers to high school age rowing or anyone 18 years old or younger. Rowers spend their first year as a Novice rower; learning the technical skills and gaining the physical fitness needed to produce a smooth, stable boat. At local competitions, novice rowers race against other novice rowers leveling the playing field and creating some exciting race opportunities.

After completing the novice year, rowers enter into the Varsity class to improve their skills and fitness and to focus on upcoming races. There is more emphasis on boat speed and selection; A squads and B squads are formed, and the team will race locally as well as going on the road to race.

Novice-Recreational Row/Juniors-Come join the Novice rowing team and develop your rowing skills in a team sport environment. The novice year focuses on improvement of the rowing stroke and training for racing. This class will also be available to rowers with experience who cannot make the 4 day a week program. Novice/Recreational rowers will be eligible to race in local competitions. (City of Tempe Junior Championships, 4/22) Fee: Novice rowing holds ongoing enrollment, call 480-350-8069 for information.

139 13yrs+ M/W/F 1/18-4/26 4-6pm TTLM

Float Test

The float test is conducted during the first session of class at a City of Tempe pool, usually Kiwanis Recreation Center. Students will be asked to float, tread water and/or swim unassisted for ten minutes. Please come with shorts and a t-shirt to float in, as well as a change of dry clothes. A presentation on rowing safety and a class introduction will be held at the pool as well.

Varsity Row-Juniors-Designed for rowers that have completed their novice year and have taken the Varsity class. Varsity Rowing fine-tunes the skills you have learned to create fast racing boats and build a competitive team. This class will be preparing for the following races: The San Diego Crew Classic 4/1-2, The City of Tempe Junior Championships 4/22, and The Southwest Junior Championships, 5/20-5/21. This course is repeatable. Prerequisite: 4 Sessions Novice Rowing. Fee: Varsity rowing holds on-going enrollment, call 480-350-8069 for information.

140 13yrs+ M/T/Th/F 1/17-5/25 4-6pm TTLM

Adult Rowing

Adult Rowing encompasses anyone who is 18 years old or older. Whether you are an accomplished competitive rower or if you have never seen a rowing shell before, we have a class for you. *No classes Saturday 4/22 & 4/29.

Beginners will take the Learn to Row I course to get introduced to the very basics of rowing. Learn to Row II will allow you to improve your newfound skills (or remember your old rowing skills!) and prepare to join the Novice Rowing Program. The Novice Rowing Program gives you the opportunity to row as a team; form boats and, possibly, put your skills to the test at one of our local rowing races.

Intermediate/Fitness rowing focuses on the enjoyment of rowing a shell and getting a great workout in the process. There is an option of racing at local (Desert Sprints) and regional (San Diego Crew Classic) regattas with these classes.

Competitive/Advanced Rowing is for those who have had one or more years of rowing experience and some racing experience. This group focuses on competitive rowing and competing in local (Desert Sprints), regional (San Diego Crew Classic) and national regattas (Masters Regionals and Nationals).

Learn to Row 1- Designed exclusively for first time rowers, this course will lead you through the basics of the sport of rowing. Safety, boat handling, proper rowing technique and initial fitness development are stressed. Participants must be able to pass the 10 minute float test* and have a basic level of fitness. The first class will meet at a local pool for the float test and safety video presentation. Attendance of the first three classes is mandatory. Instructor: Ken Houser (714), Alicia Stuebner (715)

714 18yrs+ Sa/Su 4/1-5/21* 8-10am \$140 TTLM
715 18yrs+ Tu/Th 4/4-5/25 5:45-7:45pm \$150 TTLM

Learn to Row 2-Your next step in rowing! This class will build on the skills you learned in LTR I in order to row or cox in an eight or four person shell. The focus will be on developing your rowing skills, fitness and confidence to progress to Novice Rowing. Prerequisite is LTR 1. Instructor: Ken Houser (717), Omar Hassan (718)

717 18yrs+ Sa/Su 4/1-5/21* 6-8am \$126 TTLM
718 18yrs+ M/W 4/3-5/24 5:45-7:45pm \$134 TTLM

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Adult Novice Rowing-Completed Learn to Row I & II and you want more? Join rowers like yourself and continue the learning process. This follow-up class to LTR, places even more emphasis on skill building and fitness development. Students are encouraged to repeat this course in preparation for advancement to higher levels. Local race participation is an option with this class. Prerequisite: LTR 2. Instructor: Michele Knowlton (705), Omar Hassan (723)

705 18yrs+ Sa/Su 4/1-5/21* 7:30-9:30am \$126 TTLM
723 18yrs+ T/Th 4/4-5/25 5:45-7:45pm \$134 TTLM

Adult Fitness Row-Designed for the rower who has completed Novice Rowing and wants to gain a higher level of experience. Fitness rowing will challenge rowers to improve skills and develop a strong cardiovascular fitness base. Prerequisite: Two sessions Novice Rowing. This class is repeatable. Fee: \$126. Instructor: Bill Pavlicek

704 18yrs+ Sa/Su 4/1-5/21*6-8am TTLM

Adult Competitive Rowing Program-This course is designed with the serious competitive athlete in mind. Rowers are taught racing techniques, strategy and boat speed development. This class will be building toward the San Diego Crew Classic, 4/1-2. Prerequisite: One year plus rowing experience, with some racing experience. Fee \$144. Instructor: Bob Neckes

703 18yrs+ M/T/Th/F 4/3-5/26 5-7am TTLM

Open Row-Mixed boat rowing, trying different lineups as well as combining sweep rowing and sculling. Specific sculling and sweep coaching will be provided for all boats. Prerequisite: 1 session Novice Rowing or 1 session Intermediate Sculling. Fee: \$134. Instructor: Alicia Stuebner

720 18yrs+ M/W 4/3-5/24 5:45-7:45pm TTLM

721 18yrs+ T/Th 4/4-5/25 6-7:30am TTLM

Basic Sculling-Class will teach the student the skills required to row a single, double and quad oared shell. Designed for people with no sculling experience. Prerequisite: Learn to Row 2. Fee: \$140. Instructor: Peter Cannia & Alana Chavez.

706 18yrs+ Sa/Su 4/1-5/21*10-11:30am TTLM

Intermediate Sculling-This class is designed for those wishing further development of their sculling skills. There will be some emphasis placed on boat speed and competitive training. There is an option to participate in local and regional races with this class. Prerequisite: Two sessions basic sculling. This class is repeatable. Fee: \$126. Instructor: Bill Pavlicek.

712 18yrs+ Sa/Su 4/1-5/21*8-10am TTLM

Erg Fitness-Pilates has nothing on this! Whether you want to hone that competitive edge for the sprint season or if you just want to work off a few winter pounds, this class will supply you with an individualized work-out plan. While there will be mixed experience levels in this class, the workouts will be tailored to the individual. Prerequisite: LTR 2. Fee: \$55. Instructor: Bob Neckes.

708 18yrs+ T/Th 4/4-4/27 6-7:30pm TTLM

1254 18yrs+ T/Th 5/2-5/25 6-7:30pm TTLM

*No classes Saturday, 4/22 & 4/29.

Kayak School Schedule

Moon Light Kayak Float-Ever paddled by the light of the moon? Now you can with Arizona Canoe & Kayak. We'll fit boats, grab paddles and wear life jackets to launch our boats on Tempe Town Lake under the full moon. Prior experience is not necessary. Bring your swim suit, glow sticks, towel and dry clothes and prepare to howl at the moon. Kayaks, canoes, equipment and PFDs will be provided. Must be 18 years or older to participate. Fee: \$25 if you need a boat, \$15 if you bring your own boat.

724 18yrs+ F 3/17 8:30-10:30pm TTLM

725 18yrs+ Sa 4/15 8:30-10:30pm TTLM

726 18yrs+ Sa 5/13 7:30-9:30pm TTLM

Beginning Kayaking-Arizona Canoe and Kayak classes are designed for beginners interested in learning how to paddle and roll kayaks. This 16 hour class exposes you to fitting and selecting gear, basic strokes, wet exits, bow rescues, Eskimo roll and boat handling technique for kayaks. Prior experience is not necessary. Bring your swimsuit and towel. Kayaks, equipment and PFDs provided. Fee: \$185. Instructor: Peter Zwagerman 480-755-1924.



Choose from one of the following:

711 16yrs+ Sa/Su Apr. 1, 2, 10, 11 8am-12pm ASURC

729 16yrs+ Sa/Su Apr. 29, 30, May 6, 7 8am-12pm ASURC

730 16yrs+ Sa/Su May 13, 14, 20, 21 8am-12pm ASURC

Register online at www.tempe.gov/pkrec/regform.htm or come to the Rio Salado Operations Center at 620 N. Mill or the Tempe Public Library (2nd Level) to register.

Sports Activities for Adults

Adult Team Sports Leagues

480-350-5200

The City of Tempe Parks and Recreation offers a comprehensive adult sports league program. Please call for registration information.

Organizational meetings are a requirement for league participation and are held at the following facilities:

ESC Escalante Community Center, 2150 E. Orange Street
KRC Kiwanis Recreation Center, 6111 S. All-America Way
LIB Tempe Library Building Board Room, 3500 S. Rural Road
PYLE Pyle Adult Center, 655 E. Southern Avenue

ORGANIZATIONAL MEETING

League	Location-Date-Time	Season
Men's Basketball	PAC-4/27/06, 7pm	5/31/06-7/27/06
Flag Football	TBA	Fall 2006
Women's Basketball	ECC-7/19/06, 6:30pm	9/11/06-11/8/06
Co-Rec Soccer	PAC-TBA	9/6-11/15/2006
Slo-Pitch Softball	PAC-3/14/06, 7:30pm	5/1/06-7/16/06
Volleyball	See details this page.	

League fees will be announced at the organizational meeting. Visit us on the web at <http://www.tempe.gov/pkrec/sportspage/> or call 480-350-5200 for information or to add your name to a player pool list.

Sport	Fall	Winter	Spring	Summer
Softball	X	X	X	
Basketball (Women's)	X			
Basketball (Men's)	X	X		
Co-Rec Soccer	X	X		
Co-ed Kickball	X	X		
Flag Football	X			
Volleyball	X	X	X	



McClintock High School Adult Fitness-The McClintock High School state of the art fitness center is available for adult participation from 6am-7:30am, Monday-Friday when school is in session. Equipment includes free weights, weight machines, stationary bikes, treadmills and other fitness opportunities. A fitness room supervisor will be on duty to assist, instruct and offer consultation. Locker room and shower facilities are not available. The program is offered as a partnership between the City of Tempe and the Tempe Union High School District and is free of charge. For additional information call 480-350-5218.

Open Gym Volleyball-Bring your friends for a fun afternoon of bumping the ball around on our indoor climate controlled court. Fee: None.

16yrs+ Sa Ongoing 2-4:30pm ESCA

Registration dates for Spring Indoor Volleyball Leagues at KRC:

Organizational meeting Feb. 23rd at 7:00pm

Residents: 2/27/06 - 3/24/06

Non-Residents: 3/2/06 - 3/24/06

League dates: 4/4/06-5/17/06

Tournament dates: 5/23/06-5/31/06

Online information at <http://www.tempe.gov/pkrec/KRC/Volleyball/default.htm>